

Please wear exercise attire for fitness classes.

*For more information and confirmation of lecture hall locations please call 758-3439

January APFRI Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6 Physioball 1300-1400 Gruber Gym Aerobic Studio	7 APFRI Ribbon Cutting Ceremony	8 Increasing Aerobic Power Eisenhower Auditorium* 1230-1330	9 Weight Management: Eat Right To Fight 1230-1330 Marshall Auditorium*
12 Executive Resiliency Series: Understanding Combat Stress Arnold Conference Room* 1230-1330	13 Essentials of Strength Training Arnold Conference Room* 1230 -1330	14 Cholesterol: Gearing Up For Change Marshall Auditorium* 1230-1330	15 Flexibility 1530-1630 Gruber Gym Aerobic Studio	16 <i>Training Holiday</i>
19 <i>MLK Holiday</i>	20 Executive Resiliency Series: Mindsighting - Building Mental Toughness Arnold Conference Room* 1230-1330	21 Hypertension: The Silent Killer Marshall Auditorium* 1230-1330	22 Essentials of Aerobic Conditioning Marshall Auditorium* 1230-1330	23
26	27	28 Sleep Recovery Series: Restorative Sleep Arnold Conference Room* 1230-1330	29	30 Intermediate Strength Training Arnold Conference Room* 1230-1330